

## BALLOON KNEE SQUEEZES

Muscles of the inner thigh contribute to lateral stability and stability in gait. Better lateral stability is associated with reduced fall risk and improved knee function.

### **Benefits »**

- ⦿ Strengthens hip adductors (inner thigh muscles).
- ⦿ Helps prevent falls, especially falls to the side.

### **Set It Up »**

You will need a balloon or small Slo Mo ball for each participant.

### **How to Do It »**

This exercise can be done either seated or standing.

#### ***Seated Position***

- ⦿ Participants sit tall in a chair with feet closer together than the knees.
- ⦿ They place a balloon between the knees or thighs.

Use the following cues.

- ⦿ Squeeze the balloon tightly with the thighs. Make the balloon change its shape.
- ⦿ Sit taller.
- ⦿ Relax.
- ⦿ Repeat 6 to 15 times, as tolerated.



#### ***Standing Position***

- ⦿ Stand with balance support as needed. Abs are braced, ribs lifted, hips tucked under shoulders, and head retracted.
- ⦿ Place the balloon between the thighs.
- ⦿ Squeeze the balloon with the thighs until it changes shape.
- ⦿ Relax.
- ⦿ Repeat 8 to 12 times, as tolerated.

### **Take It Further »**

- ⦿ Do more repetitions, up to 15.
- ⦿ Hold the squeeze longer.
- ⦿ Squeeze harder.

### ***Give It More Balance »***

- Focus on maintaining ribs-lifted posture while squeezing.
- Sit at the edge of the chair.
- Sit at the edge of the chair with heels lifted.
- Add a single-arm lift and reach with each squeeze, as shown in this photo. Allow the ribs to lift upward with each reach.

